

MEAL PREP ONE (DAY 21)

COOK THE KIDNEY BEANS

You'll need 2 cups of cooked kidney beans, which you'll get from 2/3 cup dry beans. If you cook the beans on Sunday morning, soak them the night before and if you cook them on Sunday night, soak them in the morning.

Notes:

- Soaking the beans will only reduce the cooking time by about 10–15 minutes, so if you forget this step, no worries at all, simply cook them a bit longer.
- The cooking time will depend on the cooking method, so be sure to read the package introductions. The quickest way to cook dry beans is using a pressure cooker (they're cooked in under 30 minutes, no need to soak them).
- You can use 2 jars or cans instead. If you do that, open them the days you need them (days 15 and 16).

BAKE THE ROOT VEGGIE MIX

NOTE: The root veggies will last for 7–8 days in the fridge and this recipe makes 4 servings. You'll need 2 servings during the week and another 2 during the weekend. Since you'll be baking another dish on the second meal prep day anyway, you can split this into 2 and bake 2 servings on day 14 and 2 on day 19. I would personally recommend splitting this step, but either works.

Ingredients (for 4 servings of 1 cup each)

Potatoes – Can be diced or cut into fries or wedges

Carrots – 1 cup, diced

Beets – 2 cups diced, Set 1/2 cup diced aside for the marinara sauce (2 1/2 cups total)

Butternut Squash – 1 cup, diced

Bake together but separate them on the baking tray

Directions:

1. Preheat the oven (400F/200C)
2. Bake the root veggies on a baking tray lined with parchment paper for 45 minutes.
3. Let cool and store in an airtight container in the fridge.

Note: you can peel the root veggies, but don't need to.

You can bake the veggies together, but be sure to separate them on the baking tray.

COOK THE QUINOA

You'll need 4 cups of cooked quinoa, which you'll get from about 1 1/2 cups of dry quinoa.

COOK THE GINGER MISO TEMPEH

8oz, 227G Ginger Miso Tempeh (2 servings)

Ingredients:

Tempeh, 1 package (approximately 8oz) (438 cal)

1 tbsp olive oil (119 cal)

1/2 tsp SeaSalt (0 cal)

1 small or 1/2 large onions, chopped (28 cal)

2 garlic clove, minced (9 cal)

1 Scallion, chopped (3 cal)

1 thumb Ginger grated or minced (5 cal)

1 tbsp Miso Paste (34 cal)

2 tbsp water (0 cal)

1 tbsp Tamari or Soy Sauce (9.5 cal)

Directions:

Step 1. Cut the Tempeh into half inch pieces

Step 2. Mix Tamari or Soy, Ginger, Water, and Miso in a small bowl (Mix well using a fork or whisk)

Add Diced Tempeh to the bowl and make sure all pieces are covered in the mix equally

Step 3. In a pan, heat the olive oil with the green onion, onion, and garlic. Cook on medium heat for 5 minutes.

Step 4. After the 5 minutes is up, add Tempeh to pan and cook for an additional 5 minutes.

Step 5. Let cool, then store in an airtight container in the refrigerator

COOK THE VEGGIE MIX

4 Servings of approximately 1 cup ea.

Ingredients:

2 tbsp Olive Oil (239 cal)

1 Baby Bok Choy chopped (12.5 cal)

1 Cup chopped Cauliflower (27 cal)

2 Cups Green Beans (87.5 cal)

1 Cup Brussel Sprouts (If you have large Sprouts, cut them in half. If they are small, leave as is. Remove stem regardless.) (38 cal)

2 Garlic Cloves Minced (9 cal)

1/2 tsp Sea Salt (0 cal)

Directions:

1. Cook all ingredients in a pot for 8 minutes
2. Let cool, then store in an airtight container in a refrigerator

TOPPING 1: SLICED CURRIED ALMONDS

Makes 8 tbsp

Ingredients:

Sliced Almonds, 1/2 Cup (360 cal)

Olive Oil, 1 tbsp (119 cal)

Curry Powder, 1 tsp (20.5 cal)

Sea Salt, 1 dash (0 cal)

Directions:

1. Place all ingredients in a pan. Cook at high heat for 2-3 minutes. Mix well while cooking
2. Remove excess oil
3. Let cool then store in an airtight container at room temperature

Note: Make sure toppings don't burn while cooking

TOPPING 2: MAPLE CASHEWS

Makes 4 tbsp

Ingredients:

Chopped Cashews, 1/4 Cup (4 tbsp) (223 cal)
liquid smoke, 1 tsp (0 cal)
Maple Syrup, 1 tsp (17 cal)
Smoked Paprika, 1 dash (1.5 cal)
Sea Salt, 1 dash (0 cal)

Directions:

1. Cook in small pan or pot on high heat for 2–3 minutes.
2. Let cool, then store in an airtight container at room temperature.

SAUCES & DIPS

BEET BASIL MARINARA SAUCE

MAKES 2 SERVINGS OF 1 CUP EA

Ingredients:

Olive Oil, 2 tsp (79.5 cal)
Onion, chopped (1/2 large onion or 1 small onion) (28 cal)
1 Garlic Clove, Minced (4.5 cal)
1/2 Red Bell Pepper, Chopped (18.5 cal)
Baked Beets, 1/2 Cup (29 cal)
Tomato Paste, 1 tbsp (13.5 cal)
Veggie Paste, 1 tsp (10 cal)
Fresh Basil Leaf, 1 handful (2 cal)
2 Tomatoes, medium sized chopped (44 cal)
Cherry Tomatoes, 1/2 cup chopped (24.5 cal)
Ground Cinnamon, 1/2 tsp (optional ingredient) (3 cal)

Directions:

1. Heat the olive oil, garlic, and onions in a pot at medium heat for 3 minutes.
2. Add all other ingredients EXCEPT FOR BASIL, then cook for an additional 7 minutes. Stir Well.
3. Add basil at the very end.
4. Put sauce in a blender, then blend on high until you get a smooth consistency.
5. Let cool, then store in an airtight container in a refrigerator.

Notes: Instead of using different types of tomatoes, you can use 3 medium sized tomatoes or 1 1/2 cups of cherry tomatoes.

TAHINI LIME DRESSING

MAKES 4 SERVINGS OF 4 TBSP EA.

Ingredients:

Tahini, 4 tbsp (268 cal)

Lime Juice, 4 Limes (33 cal)

Nutritional Yeast, 4 tbsp (90 cal)

Sea Salt, 1 Dash (0 cal)

Water, 4 tbsp (0 cal)

Directions:

1. Mix all ingredients in a bowl using a fork or whisk.
2. Store in an airtight container in a refrigerator.

Note: Dressing is a bit thick, use additional water for a lighter consistency.

MAPLE MUSTARD DRESSING (210 cal)

MAKES 3 SERVINGS OF 3 TBSP EA

Ingredients:

Mustard, 6 tbsp (56 cal)

Maple Syrup, 3 tbsp (153 cal)

Directions:

1. Mix ingredients in a bowl using a fork or whisk.
2. Store in an airtight container in a refrigerator.

PREP THE FRUITS & VEGGIES

Directions:

1. Freeze the bananas: You'll need 6 frozen bananas.
2. Spiralize 1 zucchini using a vegetable peeler OR a spiralizer (also known as a spiral vegetable slicer) Be sure to cut off the ends before spiralizing.
3. Store in an airtight container in a refrigerator.

MEAL PREP 2 (Day 25)

Note – If you follow the steps in their correct order it should take under an hour to prepare everything listed below.

SWEET POTATOES

Ingredients:

Sweet Potato, 1 medium sized (1 1/2 cups diced)

Directions:

1. Preheat oven to 400F/200C
2. Bake the potato on a tray lined with parchment paper for 45 minutes
3. Let cool, then store in an airtight container in the refrigerator

LENTIL WALNUT MIX

MAKES 3 SERVINGS OF APPROXIMATELY 1 1/4 CUP EA

(Note: The water measurement should be enough, but you may need to add a bit more)

Ingredients:

Olive Oil, 2 tbsp (119 cal)

Onion, 1 diced (28 cal)

Garlic Cloves, 3 minced (13.5 cal)

Carrots, 1 cup sliced (approximately 1 large carrot) (29.5 cal)

Lentils of choice (Ex. 1/2 cup yellow lentils & 1/2 cup green lentils), 1 cup (measured dry) (676 cal)

Veggie Paste, 1 tbsp (30 cal)

Water, 2 1/2 cups (0 cal)

Chopped Walnuts, 1/2 cup (191 cal)

Directions:

1. Set timer at 30 minutes
2. In a large pot, heat onions, garlic, olive oil, carrots, and lentils at high heat for 2 minutes. Stir well.
3. Add veggie paste and water, then reduce heat to medium
4. After 23 minutes, add walnuts, stir well, then let cook for the remaining 5 minutes.

5. Let cool, then store in an airtight container in refrigerator.

QUINOA

Directions:

1. Cook 1/2 cup of dry Quinoa as per package instructions, which should give you approximately 1 1/2 cups of cooked Quinoa.
2. Let cool, then store in an airtight container in refrigerator

VEGGIE MIX 2

THIS WILL MAKE 3 SERVINGS OF 3/4 CUPS EA.

Ingredients:

Olive Oil, 2 tbsp (239 cal)

Garlic Cloves, 2 thinly sliced (9 cal)

Bell Pepper, 1 sliced (37 cal)

Baby Bok Choy, 1 chopped (23.5 cal)

Brussel Sprouts, 1 1/2 cups (If they are large, cut them in half. Remove stems regardless.) (120.5 cal)

Sea Salt, 1/2 tsp (0 cal)

Directions:

1. Place all ingredients in a pot, then cook at medium heat for 8 minutes
2. Let cool, then store in an airtight container in a refrigerator

CREAMY BASIL SAUCE WITH A HINT OF PESTO

THIS WILL MAKE 4 SERVINGS OF 1/4 CUP EA.

Ingredients:

Fresh Basil Leaves, 2 cups (12.5 cal)

Pine nuts, 1/2 cup (454 cal)

Olive Oil, 2 tbsp (239 cal)

Lemon Juice, (Juice 1 lemon) (10.5 cal)

Garlic Clove, 1 (4.5 cal)

Nutritional Yeast, 1 tsp (10 cal)

Sea Salt, 1 dash (0 cal)

Pepper, 1 dash (0 cal)

Directions:

1. Place all ingredients in a blender or food processor, then blend using the pulse function. (If your blender does not offer a pulse function, you easily recreate the function by turning your blender on and off in 8 second intervals.) Aim for a moderately smooth consistency.
2. Store in an airtight container in a refrigerator.

DAY 22: (1,958 Cals)

BREAKFAST:

GREEN SMOOTHIE (555.5 Calories)

Prep time – 2 Minutes/Total time – 2 Minutes

Smoothie Ingredients:

Frozen Mango Chunks, 1 cup (112.5 Calories)

Ripe Banana, 1 (105 Calories)

Kale, 1/2 cup (4 Calories)

Spinach, 1 cup (7 Calories)

Basil Leaf, 5 (1 Calories)

Cashew Milk, 1 cup (or any plant based milk of choice) (25 Calories)

Other Ingredients: (eaten separately)

Cashews, 2 tbsp (89 Calories)

Pecans, 2 tbsp (94 Calories)

Walnuts, 2 tbsp (82 Calories)

Directions:

1. Blend until you have a smooth consistency.
2. Enjoy nuts separately from the smoothie.

LUNCH:

WALNUT BEET SALAD (669 Calories)

Prep time 2 minutes/Total time 2 minutes (add 2 minutes if you choose to reheat the beets & quinoa)

Ingredients:

Cooked Quinoa, 1 cup (222 Calories)

Spinach, 1 cup (7 Calories)

Beets, 1 cup baked and diced (58.5 Calories)

Tahini Lime Dressing, 1 serving (129 Calories)

Chopped Walnuts, 1/3 cup (252.5 Calories)

Directions:

1. Enjoy =)

DINNER:

BASIL BEET PASTA (435 Calories)

Prep time - 2 minutes/Cook time - 3-7 minutes/Total time - 5-9 minutes

Ingredients:

Rice Pasta, 1 serving (3 ounces/84.9g) dry weight (285 Calories)

1/2 serving beet basil marinara sauce (129 Calories)

1 spiralized Zucchini (20 Calories)

Fresh Basil, 1 handful (1 Calories)

Directions:

1. Cook pasta according to package instructions. (Note: most brands will take 3-7 minutes)
2. Mix cooked rice pasta with raw zucchini pasta, then top with beet basil marinara sauce
(You may add the sauce cold, or reheat for 2 minutes if you choose)

SNACK

FRUIT AND NUT BUTTER (292.5 Calories)

Ingredients:

Apples, 2 (196 Calories)

Peanut Butter, 1 tbsp (96.5 Calories)

DAY 23: (2003 Calories)

BREAKFAST:

QUINOA RASPBERRY PUDDING (586 Calories)

Prep time 2 minutes/Cook time 5 minutes/Total time - 7 minutes

Ingredients:

Cooked Quinoa, 1/2 cup (111 Calories)

Cashew Milk, 1/2 cup (substitute any plant based milk) (12.5 Calories)

Frozen Raspberries, 1/2 cup (65 Calories)

Maple Syrup, 2 tsp (34 Calories)

Sliced Almonds, 2 tbsp (78 Calories)

Peanut Butter, 1 tbsp (96.5 Calories)

Directions:

1. Cook quinoa, cashew milk, and raspberries in a pot at medium heat for 5 minutes. Stir well.
2. Transfer to a bowl and mix with all other ingredients.

LUNCH:

TEMPEH VEGGIE BOWL (701.5 Calories)

Prep time 2 minutes/Total time 2 minutes (add 2–3 minutes if you choose to reheat)

Ingredients:

Veggie Mix, 1 serving (103 Calories)
Ginger Miso Tempeh, 1 serving (323 Calories)
Potatoes, 1 cup (115.5 Calories)
Butternut Squash, 1/4 cup (13.5 Calories)
Baked Carrots, 1/4 cup (14 Calories)
Curried Almonds, 1 tbsp (62.5 Calories)
Maple Mustard, 3 tbsp (70 Calories)

Directions:

1. Enjoy =)

DINNER:

KIDNEY BEAN CHILI BOWL (Split in 2 servings) (535.5 Calories)

Prep time – 2 minutes/Cook time – 3 minutes/Total time – 5 minutes

Ingredients:

Kidney Beans, 2 cups (1 cup = 225 Calories)
Basil Marinara Sauce, 1 cup (1/2 cup = 64 Calories)
Chili Powder, 2 tsp (1 tsp if you'd like it to be less spicy) (1 tsp = 7.5 Calories)
Sea Salt, 1 dash (0 Calories)
Maple Cashews, 1 tbsp (120 Calories)
Quinoa, 1/2 cup cooked (111 cal)
Kale, 1 cup (8 cal)

Directions:

1. Place kidney beans, basil marinara sauce, and chili powder in a pot and cook on medium to high heat for 3 minutes. Stir Well.
2. In a separate pot or pan, heat 2 cups of shredded kale and 1/2 cup quinoa
3. Set half of the Kidney Chili mix aside for tomorrows lunch.
4. Serve in a bowl topped with 1 tbsp maple cashews.

SNACK:

VEGGIES & NUTS (180 Calories)

Ingredients:

Bell Pepper, 1 sliced (37 Calories)

Celery, 2 stalks (13 Calories)

Tahini Lime Dressing, 1 serving (130 Calories)

DAY 24: (2002 Calories)

BREAKFAST:

RASPBERRY SHAKE AND FRUIT SALAD (437 Calories)

Prep time - 5 minutes/Total time - 5 minutes

Ingredients (Raspberry Shake) -

Ripe Banana, 1 (105 Calories)

Cashew Milk, 1 Cup (25 Calories)

Vanilla Extract, 1/2 tsp (6 Calories)

Frozen Raspberries, 1 cup (130 Calories)

Directions:

1. Blend all ingredients into a smooth consistency

Ingredients (Fruit Salad)-

Diced fruit of choice - 2 cups

Example - 1 kiwi (You may leave the skin on. It's edible and has a lot of nutrients!) (42 Calories) (42 Calories)

1/2 Small Peeled Papaya (34 Calories)

1/2 Apple (47 Calories)

Walnuts, 1 tbsp (48 Calories)

LUNCH:

LEFTOVER CHILI BOWL (628 Calories)

Prep time 2 minutes/Total time 2 minutes (add 2–3 minutes if you choose to reheat the vegetables)

Ingredients –

Leftover Kidney Bean Chili Mix, remaining portion (296.5 Calories)

Green Veggie Mix, 1 serving (103 Calories)

Spinach, 1 cup (7 Calories)

Baked Potatoes, 1/2 cup (115 Calories)

Baked Carrots, 1/4 cup (16 Calories)

Baked Butternut Squash, 1/4 cup (13.5 Calories)

Baked Beets, 1/4 cup (14.5 Calories)

Curried Almonds, 1 tbsp (62.5 Calories)

DINNER:

COCONUT TEMPEH CURRY (will make 2 servings, save one serving for tomorrow!) (638 Calories)

Prep time – 2 minutes/Cook time 5 minutes/Total time – 7 minutes

Ingredients –

Ginger Miso Tempeh Mix, 1 serving (161.5 Calories)

Coconut Milk, 200 ml (1 full can) (100 ml = 169 Calories)

Curry Powder, 1 tbsp (10 Calories)

Cooked Quinoa, 1 cup (222 Calories)

Veggie Paste, 1 tsp (5 Calories)

Kale, 1 Cup chopped (8 Calories)

Curried Almonds, 1 tbsp (62.5 Calories)

Directions:

1. In a small pot, mix the coconut milk, curry powder, and veggie paste.
2. Cook at high heat for 3 minutes
3. Reduce the heat to medium. Add Tempeh mix. Cook for an additional 2 minutes.
4. While curry mix is cooking, reheat 1 cup Quinoa with 1 cup of Chopped Kale (should take approximately 2–3 minutes)
5. Set half of the curry mix aside for tomorrow's lunch, then serve the other half with the quinoa and kale.
6. Serve in a bowl and top with 2 tbsp curried almonds.

SNACK:

FRUIT AND NUTS (299 Calories)

Banana, 2 (210 Calories)
Cashews, 2 tbsp (89 Calories)

DAY 25 (1983 Calories)

BREAKFAST

CHOCOLATE QUINOA PUDDING (576.5 cals)

Prep time – 2 minutes/Cook time 5 minutes/Total time – 7 minutes

Ingredients:

Quinoa, 1 cup cooked (222 cals)
Cacao Powder, 2 tbsp (48 cals)
Maple Syrup, 2 tsp (34 cals)
Cashew Milk, 1/2 cup (Substitute with any plant based milk) (12.5 cals)
Pear, 1 Small Size Sliced or Diced (84 cals)
Kiwi, 1 Sliced or Diced (42 cals)
Cashews, 3 tbsp (134 cals)

Directions:

1. Cook quinoa, cashew milk, and Cacao Powder in a pot at medium heat for 5 minutes. Stir well.
2. Transfer to a bowl and mix with all other ingredients.

LUNCH

POTATO CURRY BOWL (593 cals)

Prep time – 2 mins/Total time 2 mins (add 2–3 minutes if you choose to reheat the potatoes and curry)

Ingredients

Coco Tempeh Curry Mix, 1/2 serving from night prior (345.5 cal)
Baked Potatoes, 1 cup (115.5 cals)
Spinach, 1 cup (7 cals)
Curried Almonds, 2 tbsp (125 cals)

DINNER

GREEN VEGGIE KIDNEY BEAN BOWL (594 cals)

Prep time – 2 minutes/Cook time – 3 minutes/Total time – 5 minutes

Ingredients –

Veggie Mix, 1 serving (103 cal)
Shredded Kale, 1 cup (8 cal)
Spinach, 1 cup (7 cal)
Kidney Beans, 1 cup cooked (225 cal)
Tahini Lime Dressing, 1 serving (130 cal)
Maple Cashews, 2 tbsp (121 cal)

Directions:

1. Heat all ingredients except for the cashews and dressing in a pot at medium to high heat for 3 minutes.
2. Transfer to a bowl, then serve with dressing and maple cashews

SNACK

VEGGIES AND SEEDS (219 cal)

Carrots, 2 sliced (50 cal)
Pumpkin Seeds, 1/4 cup (169 cal)

DAY 26 (1969 Calories)

BREAKFAST

GREEN SMOOTHIE (450 cal)

Prep time - 3 minutes/Total Time - 3 minutes

Ingredients:

Bananas, 3 frozen cut into chunks (315 cal)
Cashew milk, 1 cup (Substitute any plant based milk) (25 cal)
Romaine Lettuce, 1 cup (8 cal)
Vanilla Extract, 1/2 tsp (optional ingredient) (6 cal)
Peanut Butter, 1 tbsp (96 cal)

Directions:

1. Blend all ingredients until you've obtained a smooth consistency
(Note: Make sure you use frozen bananas as the taste will be slightly off using room temperature bananas.)

LUNCH

LENTIL BOWL (688 cal)

Prep time - 2 mins/Total time - 2 mins (add 2-3 mins if you choose to reheat the lentils, potatoes, and veggies)

Ingredients:

Lentil Walnut Mix, 1 serving (362.5 cal)

Sweet Potatoes, 1 cup baked (1/2 Sweet Potato) (51 cal)

Romaine Lettuce, 1 cup chopped (8 cal)

Veggie Mix 2, 1 serving (142.5 cal)

Avocado, 1/2 (113.5 cal)

Lemon, 1 (juice only) (10.5 cal)

DINNER

CREAMY BASIL PASTA (588 cal)

Prep time – 2 mins/Cook time – 4 to 7 mins/Total time – 6 to 9 minutes

Ingredients:

Rice Pasta, 2oz dry weight (207.5 cal)

Creamy Basil Sauce, 2 servings (365 cal)

Cherry Tomatoes, 1/2 cup (15 cal)

Fresh Basil Leaves, approximately 5 (.5 cal)

Directions:

1. Cook pasta according to package instructions
2. Serve with the sauce, tomatoes, and basil.

SNACK

FRUIT AND NUTS (243 cal)

Ingredients:

Apples, 2 (196 cal)

Pecans, 1 tbsp (47 cal)

DAY 27 (1981 Calories)

BREAKFAST

OVERNIGHT OATS WITH BLUEBERRY SAUCE (487 cal)

Prep time – 2 minutes/Cook time – 2-3 minutes/Total time – 4-5 minutes

(Note: Prepare the first step the night before)

Ingredients:

Quick Oats, 3/4 cup dry (225 cal)

Cashew Milk, 3/4 cup (Substitute any plant based milk) (19 cal)

Maple Syrup, 1 tbsp (51 cal)
Frozen Blueberries, 1/2 cup (58 cal)
Cashews, 3 tbsp (134 cal)

Directions:

1. The night before serving, mix the oats, cashew milk, cashews, and maple syrup in a jar, then store in a jar in a refrigerator overnight.
2. Cook frozen raspberries in a pot on high heat for 2–3 minutes. Stir well, then pour over the oats.

LUNCH

CREAMY SWEET POTATO BOWL (694.5 cal)

Prep time – 2 minutes/Total time – 2 minutes (add 2 – 3 minutes if you choose to reheat the sweet potatoes, collard greens, and lentil walnut mix)

Ingredients:

Sweet Potatoes, 1/2 cup baked (115 cal)
Collard Greens, 1 cup shredded (30 cal)
Lemon, 1/2 juiced (5 cal)
Lentil Walnut Mix, 1 serving (362 cal)
Creamy Basil Sauce, 1 serving (182.5 cal)

DINNER

QUINOA AVOCADO BOWL (564 cal)

Prep time – 2 minutes/Total time – 2 minutes (add 2–3 minutes if you choose to reheat the quinoa and collard greens)

Ingredients:

Quinoa, 1 cup cooked (222 cal)
Avocado, 1 (diced or mashed) (227 cal)
Collard Greens, 1 1/2 cups shredded (45 cal)
Maple Mustard, 1 serving (70 cal)

SNACK

FRESH FRUIT (235 Calories)

Ingredients:

Persimmons, 2 ripe (235 cal)

(Note: Persimmons are only ripe if they are soft to the touch, and take a long time to ripen. Please be sure to purchase them when they are already ripened. If you can not access ripe persimmons, simply substitute with any fruit of choice such as apples or bananas.)

DAY 28 (2009 Calories)

BREAKFAST

MELTING CHOCOLATE VANILLA ICE CREAM WITH CHOCOLATE PEANUT SAUCE (592 cal)

Prep time – 5 minutes/Total time – 5 minutes

Ingredients:

Bananas, 3 frozen (cut into chunks) (315 cal)

Cashew Milk, 1/4 cup (6 cal)

Vanilla Extract, 1/2 tsp (optional ingredient) (6 cal)

Cacao Powder, 3 tbsp (72 cal)

Peanut Butter, 2 tbsp (193 cal)

Directions:

1. Blend the frozen bananas, cashew milk, vanilla extract, and 2 tbsp of cacao powder in a food processor or blender until smooth. (Depending on what kind of blender you use, you may need to add a little more cashew milk.)
2. Mix the peanut butter and the remaining 1 tbsp of cacao powder with a fork, and serve with the ice cream.

(Note: You can heat the peanut butter if you'd like it to have a liquid consistency)

LUNCH

QUINOA LENTIL BOWL (678.5 cal)

Prep time 2 minutes/Total time – 2 mins (add 2–3 minutes if you choose to heat up the quinoa and the lentils)

Ingredients:

Quinoa, 1/2 cup cooked (111 cal)

Walnut Lentils, 1 serving (362 cal)

Romaine Lettuce, 1 cup shredded (8 cal)

Collard Greens, 1/2 cup shredded (15 cal)

Creamy Basil Sauce, 1 serving (182.5 cal)

DINNER

VEGGIE PASTA (659.5 cal)

Prep time – 2 mins/Cook time – 7–10 minutes/Total time – 9–12 mins

Ingredients:

Rice Pasta, 3oz dry weight (311 cal)

Veggie Mix 2, 2 servings (287 cal)

Maple Syrup, 1 tsp (17 cal)

Cashew Nuts, 1 tbsp (or pine nuts) (44.5 cal)

Directions:

1. Cook pasta according to package instructions
2. In a separate pan, heat the cashews and maple syrup at high heat for 1 minute
3. Add cooked pasta and the vegetables to the pan, then cook for an additional 2 minutes

SNACK

FRUIT & NUTS (78.5 cal)

Ingredients:

Papaya, 1 small (67.5 cal)

Lime, 1 juiced (11 cal)